

## SUPERFOODS FOR LIFE, CULTURED AND FERMENTED BEVERAGES%0A

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Enjoy 75 recipes for cultured drinks such as kombucha, kefir, herbal and medicinal ferments, and cultured smoothies you can brew at home, including Cayenne Lemon Kombucha, Blueberry Basil Kefir, Beet Kvass, Kiwi Soda, Ginger & Turmeric Fermented Tea, Morning Liver Tonic, Berry Rooibos Kombucha, and Sweet Potato Soda.

Superfoods for Life, Cultured and Fermented Beverages - OK ...

Maintaining good bacteria is critical to a healthy gut unfortunately our modern-day diet, replete with sugar, caffeine, processed foods, additives, toxins, stress, and common medications wildly disrupts that balance. Probiotics found in these cultured beverages that you can brew at home will h

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Join author Meg Thompson as she explains to powerful benefits of this amazing superfood. This book also contains 75 enjoyable recipes for cultured drinks like Kombucha, Kefir, Fermented Nut and Grain Beverages, Herbal and Medicinal Ferments, Ciders and Ales, and Cultured Smoothies.

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Drink fermented and cultured beverages for a natural antiviral and antifungal tonic that is a great preventative for colds and flu. Sip kefir to improve lactose intolerance and protect and nourish intestinal cells.

**Welcome To Cultured Food Life! - Cultured Food Life**

Hi! I'm Donna Schwenk and I am the creator and founder of Cultured Food Life. I am excited to share with you about these probiotic super foods called - cultured foods. These foods changed my life so miraculously that I couldn't keep it to myself. I would love to help you discover how they can help.

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